

## V. Resources

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This section has additional health-related information and a listing of health programs and organizations to support your program. You can incorporate the information in your workshop presentations or use them as handouts.

### **Evaluating Medical Resources on the Internet**

This useful FAQ sheet provides Internet users with tips on assessing the accuracy and reliability of on-line health information.

### **Information on *Women's Health USA 2002***

*Women's Health USA 2002* is a report on the health status of American women and major trends impacting their wellness. This page provides an overview of the report and ordering information.

### **Information on *Healthy People in Healthy Communities***

*Healthy People in Healthy Communities, A Community Planning Guide Using Healthy People 2010* is a publication from the Office of Disease Prevention and Health Promotion that provides information about the steps involved in forming and running a healthy community coalition. This page provides a brief overview and information on how to download it from the Internet.

### **Annotated Health Resources List**

The Annotated Health Resources list contains telephone and Web information for a variety of government-sponsored health programs and organizations that provide educational information and materials to the public. Many of the resources offer information in both Spanish and English and have documents posted online that are available to download for free.

# Information on Women's Health USA 2002

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## The U.S. Department of Health and Human Services Issues New Statistical Look at Women's Health

*Women's Health USA 2002* is a new report that gives statistical information on the health status of America's women and shows the disproportionate impact that certain health conditions such as osteoporosis, asthma, diabetes and lupus have on women.

"For the first time, we're giving people a single place to go to get a comprehensive look at the health status of women across the nation," HHS Secretary Tommy G. Thompson said. "It reflects our ongoing commitment not only to identifying trends in women's health but also to taking the right steps to improve their health in the future."

Compiled by HHS' Health Resources and Services Administration (HRSA), the new report highlights current and historical data on some of the most pressing health challenges facing women and their families. Data are provided on health and health-related indicators in three categories: population characteristics, health status and health services utilization. It includes data showing that most U.S. women 40 years of age and older in 1998 had received a mammogram in the previous two years and a Pap smear in the previous three years. Black non-Hispanic women (83 percent) were most likely to have reported receiving a Pap smear during that three-year period.

Other highlights from the report are:

- Women's life expectancy reached a new record in 2000 -- 79.5 years. While black females had the greatest life-expectancy gain (12.3 years) between 1950 and 2000, there was still a five-year difference in life expectancy between white (80 years) and black (75 years) females.
- More U.S. women than ever before are getting prenatal care in their first trimester of pregnancy. In 2000, 83 percent received early prenatal care, up from 75 percent in 1989.
- Nearly 87 percent of women had health insurance coverage in 2000. About a quarter of women between 18 and 24 were without insurance in 2000.
- In 2000, 10,459 AIDS cases were diagnosed in females 13 and older; 38 percent were exposed through heterosexual contact. Almost half of U.S. women under 45 have been tested for HIV.

## TO GET COPIES:

(75 page report)

- View and/or download and print copy from website: <http://mchb.hrsa.gov/data/women.htm>.
- Order free hard copies: call the HRSA Information Center (1-888-ASK-HRSA or visit the center's Web site at <http://www.ask.hrsa.gov> ).

# Information on Healthy People in Healthy Communities

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The Office of Disease Prevention and Health Promotion, Office of Public Health and Science, Department of Health and Human Services has a planning guide that provides doable steps to forming a community coalition based on Healthy People 2010 goals.

Healthy People 2010 was developed by citizens from throughout the Nation, in a multiyear process that was coordinated by the U. S. Department of Health and Human Services (HHS). For two decades, HHS has used Healthy People objectives to improve the health of the American people. Healthy People 2010 is designed to achieve two overarching goals: (1) to increase the quality and years of healthy life and (2) to eliminate health disparities. (A health disparity is a gap in the health status of different groups of people, in which one group is healthier than the other group or groups.) These two goals are supported by 467 objectives in 28 focus areas. Healthy People 2010 also identifies a smaller set of health priorities that reflect 10 major public health concerns in the United States. These 10 topics highlight individual behaviors, physical and social environmental factors, and important health system issues that greatly affect the health of individuals and communities. Examined together, they constitute a set of "Leading Health Indicators" that provides a snapshot of the health of the Nation and serves to provide guidance and focus for the public, media, and elected officials.

*Healthy People in Healthy Communities* is a guide that takes the Healthy People 2010 goals and breaks it down into steps that can be implemented in any community. It covers: strategies for creating a healthy community, how to assess community needs and put together an action plan, as well as how to get support for others in the community by partnering with local professionals and organizations

This publication can be obtained in several ways:

#### Order Online

- <http://bookstore.gpo.gov>

#### Order by Phone

- Call (202) 512-1800

#### By Fax:

- Fax order forms taken from Web site to (202) 512-2250

#### By Mail

- Mail order forms to  
Superintendent of Documents  
PO Box 371954  
Pittsburgh, PA 15250-7954

It can also be downloaded from the Internet at the Web site link below:

<http://www.health.gov/healthypeople/Publications/HealthyCommunities2001/toc.htm>

# Evaluating Medical Resources on the Internet

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The number of Web sites offering health-related resources grows every day. Many sites provide valuable information, while others may have information that is unreliable or misleading. Even if the information is reliable, it is extremely important to note that personal medical decisions should never be made on the basis of what is found on a Web site. You should always check with your health care provider about your health needs and treatment options before attempting any changes relating to your health. If you find information on the Internet you can always go over it with your health care provider so that they can provide more information and evaluate its usefulness for your specific health care needs.

This section contains important questions you should consider as you look for health information on the Internet. Answering these questions when you visit a new Web site will help you evaluate the information you find.

## **Who runs this site?**

Any good health-related Web site should make it easy for you to learn who is responsible for the site and its information. The sponsor's name should be clearly visible on every major page of the site along with a link to the sponsor's homepage.

## **Who pays for the site?**

It costs money to run a Web site. The source of a Web site's funding should be clearly stated or readily apparent. For example, Web addresses ending in ".gov" denote a Federal Government-sponsored site. You should know how the site pays for its existence. Does it sell advertising? Is it sponsored by a drug company? The source of funding can affect what content is presented, how the content is presented, and what the site owners want to accomplish.

## **What is the purpose of the site?**

This question is related to who runs and pays for the site. An "About This Site" link appears on many sites. If it's there, use it. The purpose of the site should be clearly stated and should help you evaluate the trustworthiness of the information

## **Where does the information come from?**

Many health/medical sites post information collected from other Web sites or sources. If the person or organization in charge of the site did not create the information, the original source should be clearly labeled.

## **What is the basis of the information?**

In addition to identifying who wrote the material you are reading, the site should describe the evidence that the material is based on. Medical facts and figures should have references (such as to articles in medical journals). Also, opinions or advice should be clearly set apart from information that is "evidence-based" (that is, information based on research results).

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## How is the information selected?

Is there an editorial board? Do people with excellent professional and scientific qualifications review the material before it is posted?

## How current is the information?

Web sites should be reviewed and updated on a regular basis. It is particularly important that medical information be current. The most recent update or review date should be clearly posted. Even if the information has not changed, you want to know whether the site owners have reviewed it recently to ensure that it is still valid.

## How does the site choose links to other sites?

Web sites usually have a policy about how they establish links to other sites. Some medical sites take a conservative approach and don't link to any other sites. Some link to any site that asks, or pays, for a link. Others only link to sites that have met certain criteria.

## What information about you does the site collect, and why?

Web sites routinely track the paths visitors take through their sites to determine what pages are being used. However, many health Web sites ask for you to "subscribe" or "become a member." In some cases, this may be so that they can collect a user fee or select information for you that is relevant to your concerns. In all cases, this will give the site personal information about you.

Any credible health site asking for this kind of information should tell you exactly what they will and will not do with it. Many commercial sites sell "aggregate" (collected) data about their users to other companies—information such as what percentage of their users are women with breast cancer, for example. In some cases they may collect and reuse information that is "personally identifiable," such as your ZIP code, gender, and birth date. Be certain that you read and understand any privacy policy or similar language on the site, and don't sign up for anything that you are not sure you fully understand.

## How does the site manage interactions with visitors?

There should always be a way for you to contact the site owner if you run across problems or have questions or feedback. If the site hosts chat rooms or other online discussion areas, it should tell visitors what the terms of using this service are. Is it moderated? If so, by whom, and why? It is always a good idea to spend time reading the discussion without joining in, so that you feel comfortable with the environment before becoming a participant.

## How to navigate large Web sites?

Some Web sites are quite large and offer information for several groups of people. For example, some sites offer information for medical personnel as well as for general consumers. Look for keywords to identify the consumer's portion of the site, such as women's health, health information, free consumer publications. Looking at the index or site map may help save time navigating large sites. If you have trouble finding the information you are looking for on a particular site, look for a telephone number on the home page and call for help.

# Annotated Health Resources List

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Following is a list of resources for health information and materials on a variety of topics related to *Pick Your Path to Health* themes. The list is intended for reference only; inclusion does not indicate endorsement of sites or contents therein.

## GENERAL INFORMATION

### Consumer Information Center (CIC)

Phone: 719-948-4000

Web: [www.pueblo.gsa.gov](http://www.pueblo.gsa.gov)

The quarterly CIC Catalog lists helpful federal publications on a variety of topics, including nutrition, health, and exercise, that are available for free or a nominal fee.

### Healthfinder

Phone: 1-800-336-4797

Web: [www.healthfinder.gov](http://www.healthfinder.gov)

Features a health library reference section, special topics organized by age, ethnicity and gender, healthcare information, and a directory of other reliable Web health-related resources.

### National Women's Health Information Center (NWHIC)

Phone: 1-800-994-9662

TDD: 1-888-220-5446

Web: [www.4woman.gov](http://www.4woman.gov)

Contains a comprehensive, searchable health information database and links to a broad range of diverse women's health topics (healthy pregnancy, disabilities, screening & immunization) and education campaigns, including the *Pick Your Path to Health* site.

### WebMD

Web: [www.Webmd.com](http://www.Webmd.com)

Offers a broad spectrum of medical, health & wellness, consumer information, with links to related Web resources.

## ALCOHOL & DRUG ABUSE

### Al-Anon Family Group Headquarters, Inc.

Phone: 1-888-425-2666

Web: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

Offers information and local support group referrals for significant others in an alcoholic person's life, including spouses (Al-Anon) and children (Alateen).

### Alcoholics Anonymous (AA) World Services, Inc.

Phone: 212-870-3400

Web: [www.aa.org](http://www.aa.org)

Provides information and local support group referrals for people seeking help with alcohol abuse. Local AA chapters may also be listed in your community telephone directory.

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## **Narcotics Anonymous (NA) World Services, Inc.**

Phone: 818-773-9999

Web: [www.na.org](http://www.na.org)

Offers information and local support group referrals for people seeking help with narcotics abuse. Local NA chapters may also be listed in your community telephone directory.

## **National Black Alcoholism Council (NBAC)**

Phone: 202-296-2696

Provides information and referrals for individuals and families dealing with alcohol abuse.

## **National Clearinghouse for Alcohol and Drug Information (NCADI)**

Phone: 1-800-729-6686

Spanish: 1-877-767-8432

TTY/TDD: 1-800-487-4889

Web: [www.health.org](http://www.health.org)

Disseminates publications and materials related to drug and alcohol use and operates a resource library that is open to the public.

## **National Council on Alcoholism and Drug Dependence, Inc. (NCADD)**

Phone: 1-800-NCA-CALL (HOPE LINE)

Web: [www.ncadd.org](http://www.ncadd.org)

Offers information and educational materials on alcoholism. Contact the HOPE LINE for phone numbers of local affiliates for treatment resources in your community.

## **National Institute on Alcohol Abuse and Alcoholism (NIAAA)**

Phone: 301-443-3860

Web: [www.niaaa.nih.gov](http://www.niaaa.nih.gov)

Offers information and educational materials on various aspects of alcoholism (underage drinking, consumption during pregnancy) and help for reducing use. Some materials are available in Spanish.

## **National Institute on Drug Abuse (NIDA)**

Phone: 301-443-1124

Web: [www.nida.nih.gov](http://www.nida.nih.gov)

Contains research and educational materials related to drugs and their effect on the brain, a glossary of commonly-used substances and their street names, and links to other drug-related Web resources.

## **DISABILITY RESOURCES**

### **ADA Information Center for the Mid-Atlantic Region**

Phone: 1-800-949-4232

Web: [www.adainfo.org](http://www.adainfo.org)

Provides training, information, and technical assistance on the Americans with Disabilities Act (ADA) to businesses, consumers, and both state and local governments within the Mid-Atlantic Region (DC, DE, MD, PA, VA, WV).

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## **Breast Health Access for Women with Disabilities**

Phone: 510-204-4866

TDD: 510-204-4574

Web: [www.bhawd.org](http://www.bhawd.org)

Features information on an adaptive breast self examination and links to other health-related Web sites designed for women with disabilities.

## **Center for Resources on Women with Disabilities (CROWD)**

Phone: 1-800-44-CROWD

TDD: 713-960-0505

Web: [www.bcm.tmc.edu/crowd/index.htm](http://www.bcm.tmc.edu/crowd/index.htm)

Offers information, educational materials, links that focus on issues related to health, aging, civil rights, abuse, and independent living for women with disabilities.

## **National Center on Birth Defects and Developmental Disabilities**

Phone: 770-488-7150

Web: [www.cdc.gov/ncbddd](http://www.cdc.gov/ncbddd)

Contains fact sheets, journal article summaries, hot topics FAQ pages, and publications on the prevention, screening, and treatment of birth defects and developmental disabilities.

## **National Council on Disability (NCD)**

Phone: 202.272.2004

TTY: 202.272.2074

Web: [www.ncd.gov](http://www.ncd.gov)

Offers information on disability-related civil rights, technical assistance, parent support organizations, and Social Security benefits, and an archive of press releases on relevant topics.

## **National Information Center for Children and Youth with Disabilities (NICHCY)**

Phone/TTY: 1-800-695-0285

Web: [www.nichcy.org](http://www.nichcy.org)

Provides technical assistance, referrals and information on disabilities and disability-related issues, specifically topics of relevance for children and youth. Information regarding support for parents is also available. Bilingual (English/Spanish) staff are available to assist callers.

## **Social Security Administration (SSA)**

Phone: 1-800-772-1213

TTY: 1-800-325-0778

Web: [www.ssa.gov](http://www.ssa.gov)

Provides information on various disability benefits available through Social Security.



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## DISEASE PREVENTION

### **CDC National Immunization Program**

Phone: 1-800-232-2522

Spanish: 1-800-232-0233

TTY: 1-800-243-7889

Web: [www.cdc.gov/nip/default.htm](http://www.cdc.gov/nip/default.htm)

Contains immunization charts for children and adults, educational materials on vaccine safety, an illustrated, quick reference disease chart, and general information on the importance of proper immunization. Select information is available in Spanish.

### **CDC National Prevention Information Network**

Phone: 1-800-458-5231

TTY: 1-800-243-7012

Web: [www.cdcnpin.gov](http://www.cdcnpin.gov)

Provides references, referrals, and information related to HIV/AIDS, sexually transmitted diseases (STDs) and tuberculosis (TB). All calls are confidential and bilingual (Spanish/English) staff are available to assist callers.

### **Food and Drug Administration (FDA) Office of Women's Health**

Web: [www.fda.gov/womens](http://www.fda.gov/womens)

Features materials from the FDA's *Take Time to Care* campaign for the effective management of diabetes and information about pregnancy registries to track the impact of medications taken during pregnancy.

### **National Cancer Institute (NCI) Information Service**

Phone: 1-800-4-CANCER (422-6237)

TTY: (800) 332-8615

Web: [www.cancernet.nci.nih.gov](http://www.cancernet.nci.nih.gov)

Provides information and free publications about cancer and related resources to the public. Spanish-speaking staff members are available to assist callers.

### **National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)**

Phone: 770-488-5080

Web: [www.cdc.gov/nccdphp/nccdhome.htm](http://www.cdc.gov/nccdphp/nccdhome.htm)

Features chronic disease prevention and promotion information, materials, and referrals to the public. Resources include bibliographic databases focusing on health promotion program information for topics including cancer prevention and prenatal smoking cessation.

### **National Diabetes Information Clearinghouse**

Phone: 1-800-860-8747

Web: [www.niddk.nih.gov/health/diabetes/diabetes.htm](http://www.niddk.nih.gov/health/diabetes/diabetes.htm)

Provides referrals, patient education materials, and other publications related to diabetes, and responds to telephone and e-mail inquiries.

### **National Digestive Diseases Information Clearinghouse**

Phone: 1-800-891-8389

Web: [www.niddk.nih.gov](http://www.niddk.nih.gov)

Offers referrals, patient education materials, and other publications related to digestive diseases, and responds to telephone and e-mail inquiries.

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## **National Heart, Lung, and Blood Institute Information Center**

Phone: 1-800-575-WELL (9355)

Web: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Presents information and educational materials on cardiovascular health and disease prevention.

## **National Institute of Allergy and Infectious Diseases (NIAID)**

Phone: 301-496.5717

Web: [www.niaid.nih.gov](http://www.niaid.nih.gov)

Provides referrals and comprehensive health information on allergies, asthma, and a broad spectrum of infectious diseases, including hepatitis, HIV/AIDS, Lyme disease, sexually transmitted diseases (STDs), and tuberculosis. Materials may be downloaded or ordered on-line or via mail.

## **NIH Osteoporosis and Related Bone Diseases National Resource Center**

Phone: 1-800-624-BONE (2663)

TTY: 202-466-4315

Web: [www.osteoporosis.org](http://www.osteoporosis.org)

Offers resources and information to the public on osteoporosis and other metabolic bone diseases. Information is targeted to at-risk populations: the elderly, men, women, and adolescents.

## **FAMILY ASSISTANCE**

### **National Clearinghouse on Families & Youth**

Childcare: 1-800-424-2246

Web: [www.ncfy.gov](http://www.ncfy.gov)

Contains an event calendar and links to resources for services and information on issues of interest to youth and families.

### **Childhelp USA**

National Child Abuse Hotline: 1-800-4-A-CHILD (422-4453)

National Child Abuse Hotline (TTY): 1-800-2-A-CHILD (222-4453)

Web: [www.childhelpusa.org](http://www.childhelpusa.org)

Contains resources dedicated to the child abuse prevention and intervention, including a fact sheet, guidelines and state reporting contacts, and links to local support services.

### **Eldercare Locator**

Phone: 1-800-677-1116

Web: [www.eldercare.gov](http://www.eldercare.gov)

Provides referrals to local resources for seniors, and links for caregivers on accessing support and health information.

### **National Center for Missing and Exploited Children**

Phone: 1-800-THE-LOST (843-5678)

Web: [www.ncmec.org](http://www.ncmec.org)

Features educational resources and child safety publications that are available to download in both English and Spanish, photographs of missing children, and a telephone and online hotlines for reporting or providing assistance with a missing child search

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## HEALTH CARE ACCESS

### Bureau of Primary Health Care

Phone: 301-594-4490

Web: [www.bphc.hrsa.gov](http://www.bphc.hrsa.gov)

Contains a searchable database of county-level community health indicators and a community health care service locator.

### CDC's Division of Cancer Prevention and Control

Phone: 1-888-842-6355

Web: [www.cdc.gov/cancer](http://www.cdc.gov/cancer)

Provides general information, materials, and news on the prevention and control of a variety of cancers, and features links to specific campaigns, such as *Screen for Life: National Colorectal Cancer Action Campaign* and *National Breast and Cervical Cancer Early Detection Program*.

### Centers for Medicare and Medicaid Services

Phone: 1-877-267-2323

TTY: 310-786-0727

Web: [www.cms.gov](http://www.cms.gov)

Contains consumer information on Medicaid, Medicare, and SCHIP eligibility criteria, benefits, and state contacts.

### DHHS' Insure Kids Now

Phone: 1-877-543-7669

Web: [www.insurekidsnow.gov](http://www.insurekidsnow.gov)

Provides state-specific information on SCHIP eligibility criteria, benefits, and contacts.

### Food and Drug Administration (FDA)

Web: [www.fda.gov/cdrh/mammography](http://www.fda.gov/cdrh/mammography)

Features educational materials and a database of certified mammography providers searchable by zip code. Publications include a brochure *Mammography Today: Questions and Answers for Patients on Being Informed Consumers* that is formatted for download.

### National Cancer Institute (NCI) Information Service

Phone: 1-800-4-CANCER (422-6237)

TTY: (800) 332-8615

Web: [www.cancernet.nci.nih.gov](http://www.cancernet.nci.nih.gov)

Provides information and free publications about cancer and related resources to the public. Spanish-speaking staff members are available to assist callers.

### National Center for Complementary and Alternative Medicine (NCCAM) Information Clearinghouse

Phone: 1-888-644-6226

TTY: 1-866-464-3615

Web: [www.nccam.nih.gov](http://www.nccam.nih.gov)

Offers fact sheets and publications on various topics in complementary and alternative medicine. Bilingual (Spanish/English) staff are available to assist callers. Fact sheets and other information may be sent via fax.

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## **Social Security Administration (SSA)**

Phone: 1-800-772-1213

TTY: 1-800-325-0778

Web: [www.ssa.gov](http://www.ssa.gov)

Features information about and online registration for retirement, disability, and spouses' benefits. Materials are available in English and 16 other languages.

## **MENTAL HEALTH**

### **National Mental Health Information Center-Knowledge Exchange Network**

Phone: 1-800-789-2647

TDD: 1-866-889-2647

Web: [www.mentalhealth.org](http://www.mentalhealth.org)

Contains a database of fact sheets, educational materials, and links to other resources, searchable by topic. State resource guides listing local mental health services and advocacy organizations are available for download.

### **National Institute of Mental Health (NIMH)**

Phone: 301-443-4513

Web: [www.nimh.nih.gov](http://www.nimh.nih.gov)

Contains fact sheets, summaries, brochures educational materials under the "Public" tab for general use. Publications are available to order by phone.

## **MINORITY HEALTH**

### **Indian Health Service (IHS)**

Phone: 301-443-3593

Web: [www.ihs.gov](http://www.ihs.gov)

The Indian Health Service provides a comprehensive health services delivery system for American Indians and Alaska Natives with opportunity for maximum tribal involvement in developing and managing programs to meet their health needs. The Web site details all the programs and initiatives under this office and resources for the American Indian and Alaska Native population.

### **National Alliance for Hispanic Health**

Phone: 866-SU-FAMILIA (helpline)

Web: [www.hispanichealth.org](http://www.hispanichealth.org)

The National Alliance for Hispanic Health is the oldest and largest network of health and human service providers servicing over 10 million Hispanic consumers throughout the U.S. Since 1973 we have grown from a small coalition of visionary mental health providers to a large, dynamic, and strong group of organizations and individuals. This Web site highlights a variety of publications for both consumers and health care providers, as well as provide links to other health related Web sites. It also highlights three helplines it runs for hispanic families.

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## **Office of Minority Health**

Phone: 1-800-444-6472

TDD: 301-230-7199

Web: [www.omhrc.gov](http://www.omhrc.gov)

Contains information on a broad range of minority health issues; responds to information requests from the public and provides referrals to local technical assistance resources. English and Spanish-speaking staff are available to assist callers.

## **NUTRITION, WEIGHT CONTROL & PHYSICAL ACTIVITY**

### **American Dietetic Association**

Phone: 1-800-877-1600

Web: [www.eatright.org](http://www.eatright.org)

Features information to promote healthful eating habits. The Healthy Lifestyle section contains an archive of Daily Nutrition and Healthy Lifestyle tips, Nutrition Fact sheets, and other useful materials.

### **Center for Nutrition Policy and Promotion**

Phone: 703-305-7600

Web: [www.usda.gov/cnpp](http://www.usda.gov/cnpp)

Provides information on dietary guidelines, the Food Pyramid, recipes and tips for thrifty and healthy meals.

### **National Heart, Lung, and Blood Institute Information Center**

Phone: 1-800-575-WELL (9355)

Web: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Presents information and educational materials on cardiovascular health and disease prevention.

### **National Institute of Diabetes and Digestive and Kidney Diseases - Weight-Control Information Network (WIN)**

Phone: 1-877-946-4627

Web: [www.niddk.nih.gov/health/nutrit/nutrit.htm](http://www.niddk.nih.gov/health/nutrit/nutrit.htm)

Contains information on nutrition, weight control, and obesity. The site also contains materials pertaining to the *Sisters Together: Move More, Eat Better* campaign which was designed to encourage Black women to maintain a healthy weight through physical activity and nutrition.

### **The President's Council on Physical Fitness and Sports**

Phone: 202-690-9000

Web: [www.fitness.gov](http://www.fitness.gov)

Offers exercise and physical fitness educational materials, and provides technical assistance with program design and implementation.

### **USDA's Food and Nutrition Information Center**

Phone: 301-504-5719

TTY: 301-504-6856

Web: [www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)

Offers information on food and nutrition, as well as links to resource lists, databases, and other related Web sites.

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## RESPONSIBLE SEXUAL BEHAVIOR

### American College of Obstetricians and Gynecologists

Phone: 1-800-762-2264

Web: [www.acog.com](http://www.acog.com)

Contains a searchable database of patient education materials on a range of women's health issues that may be ordered by phone or online.

### March of Dimes

Phone: 1-888-MODIMES

Web: [www.modimes.org](http://www.modimes.org)

Spanish: [www.nacersano.org](http://www.nacersano.org)

Offers a pre-pregnancy checklist to help women assess their readiness for motherhood, suggestions for talking with your partner, tips for a healthy pregnancy, nutritional information, and *Mama* magazine (in both a English and Spanish language version). The Spanish language Web site and magazine is intended to focus on the specific needs of Latinas.

### CDC's National Center for HIV, STD and TB Prevention

STD Hotline: 1-800-227-8922

HIV/AIDS Hotline: 1-800-342-AIDS (2437)

HIV/AIDS Spanish: 1-800-344-7432

HIV/AIDS TTY: 1-800-243-7889

Web: [www.cdc.gov/nchstp/od/nchstp.htm](http://www.cdc.gov/nchstp/od/nchstp.htm)

Provides sexual health information, referrals to local reproductive health services, and links to educational sites. The 24-hour hotline is available to answer questions on testing, treatment, and prevention.

### National Institute of Allergy and Infectious Diseases (NIAID)

Phone: 301-496.5717

Web: [www.niaid.nih.gov](http://www.niaid.nih.gov)

Provides referrals and comprehensive health information on a broad spectrum of infectious diseases, including HIV/AIDS and sexually transmitted diseases (STDs). Materials may be downloaded or ordered on-line or via mail.

### National Institute of Child Health and Human Development

Phone: 1-800-370-2943

Web: [www.nichd.nih.gov](http://www.nichd.nih.gov)

Contains a searchable database of publications on subjects, ranging from acute perinatal asphyxia to women's health, available to download or order.

### National Maternal and Child Health Clearinghouse

Phone: 1-800-434-4MCH

Web: [www.nmchc.org](http://www.nmchc.org)

Provides educational materials and technical assistance on subjects including pregnancy, infant, child, and adolescent health, and nutrition.

# Annotated Health Resources List

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## RURAL RESOURCES

### National Organization of State Offices of Rural Health (NOSORH)

Phone: 785-296-1200

Web: [www.ruralcenter.org/nosorh/default.htm](http://www.ruralcenter.org/nosorh/default.htm)

Contains contact information and some Web links to the Office of Rural Health for each state.

### HRSA's Office of Rural Health Policy (ORHP)

Phone: 301-443-0835

Web: [www.ruralhealth.hrsa.gov](http://www.ruralhealth.hrsa.gov)

Provides full-text documents on topics pertaining to rural health, including CHIP enrollment of low-income children, emergency preparedness, domestic violence, physician shortages, and rural health networks. Also offers links to other related sites.

### Rural Information Center Health Service (RICHS)

Phone: 1-800-633-7701

TDD: 301-504-6856

Web: [www.nal.usda.gov/ric/richs](http://www.nal.usda.gov/ric/richs)

Provides referrals, information, and publications on a range of rural health issues.

### Violence Against Women – Office of Rural Domestic Violence

Phone: 202-307-6026

Web: [www.ojp.usdoj.gov/vawo/about.htm](http://www.ojp.usdoj.gov/vawo/about.htm)

Features the *Toolkit to Prevent Violence Against Women*, which contains information and materials for community-based organizations and health providers, and links to online domestic violence resources and publications focusing on sexual assault.

## TOBACCO USE

### CDC's Office on Smoking and Health

Phone: 770-488-5705

Web: [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

Posts the annual Surgeon General's Report on Smoking and Health, as well as health information related to tobacco use. Topics include smoking cessation, secondhand smoke, and potential impact of tobacco use during pregnancy.

### NWHIC-Breath of Fresh Air

Phone: 1-800-994-WOMAN (96626)

Web: [www.4woman.gov/QuitSmoking/index.cfm](http://www.4woman.gov/QuitSmoking/index.cfm)

Features the Surgeon General's Report, reasons and methods for initiating smoking cessation, and special sections targeting parents and teens. Information is also available in Spanish.

# Annotated Health Resources List

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## VIOLENCE PREVENTION

### Childhelp USA

National Child Abuse Hotline: 1-800-4-A-CHILD (422-4453)

National Child Abuse Hotline (TTY): 1-800-2-A-CHILD (222-4453)

Web: [www.childhelpusa.org](http://www.childhelpusa.org)

Contains resources dedicated to the child abuse prevention and intervention, including a fact sheet, guidelines and state reporting contacts, and links to local support services.

### National Center for Victims of Crime

Phone: 1-800-FYI-CALL (394-2255)

Web: [www.ncvc.org](http://www.ncvc.org)

Features a wide range of resources, including information on policy, legislation, victim services, and online library; the site also includes a link to the Stalking Resource Center.

### National Domestic Violence Hotline

Phone: 1-800-799-SAFE (7233)

TDD: 1-800-787-3224

Web: [www.ndvh.org](http://www.ndvh.org)

Provides a national hotline number, local contact numbers, resource links, and information on domestic violence for teens, adults, victims, and abusers. This site also offers instructions to visitors on removing the Web address from their browser history to keep others from knowing they have visited the site.

### Violence Against Women Office – Office of Rural Domestic Violence

Phone: 202-307-6026

TTY: 202-307-2277

Web: [www.ojp.usdoj.gov/vawo/about.htm](http://www.ojp.usdoj.gov/vawo/about.htm)

Features the *Toolkit to Prevent Violence Against Women*, which contains information and materials for community-based organizations and health providers, and links to online domestic violence resources and publications focusing on sexual assault.